



Look for a vitamin that contains 150 mcg of potassium iodide. Your pharmacist will be happy to help you.

Supplement Facts		
Serving Size: One tablet		
Amount Per Serving		% Daily Value
Vitamin A (50% as beta-carotene)	4000 IU	50%
Vitamin C	60 mg	100%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Thiamin (B1)	1.7 mg	100%
Riboflavin (B2)	2 mg	100%
Niacin	20 mg	100%
Vitamin B6	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B12	8 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	300 mg	23%
Iron	28 mg	156%
Iodine	150 mcg	100%
Magnesium	50 mg	11%
Zinc	15 mg	100%
Copper	2 mg	100%

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, Maltodextrin, Gelatin, dl-Alpha-Tocopheryl Acetate, Dicalcium Phosphate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Croscarmellose Sodium, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, FD&C Red #40 Dye, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Folic Acid, Hydroxypropyl Methylcellulose, Niacinamide, Polyethylene Glycol, Polysorbate 80, **Potassium Iodide**, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Soybean Oil, Starch, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide

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Iodine

An Essential Mineral
for Growth and Brain Development



*Why is iodine important for
pregnant and breastfeeding women?*

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Why Do I Need Iodine?

Pregnant or Breastfeeding?

Taking a pill that contains iodine is vital to your baby's health. Your body needs iodine to make thyroid hormones that help your brain, heart, muscles, and kidneys work well.



Your body cannot make its own iodine. You must eat foods that contain iodine or take a vitamin that includes iodine. Your growing baby can only get iodine from you, the mother. Not getting enough iodine can limit your child's growth and brain development. It can also lead to a miscarriage, to your baby being born too early, or to mental retardation.

How Much Iodine Do I Need?

As a woman, you need 150 micrograms (mcg) of iodine every day to stay healthy. When you are pregnant or breastfeeding you will need a total of 250 (mcg) of iodine every day. To make sure that you get enough, taking an extra 150 mcg of iodine daily is recommended during pregnancy and breastfeeding.



What About Iodine in Foods?

During pregnancy and breastfeeding, American women may not get enough iodine from food. Iodized salt and seafood contain iodine. So do milk and some breads. Although processed foods are high in salt, most do not contain iodine.

Selected Food Sources of Iodine	
Food	Micrograms
Cod, baked, 3 ounces	99
Yogurt, plain, low-fat, 1 cup	75
Iodized salt, 1/4 tsp	71
Milk, reduced fat, 1 cup	56
Fish sticks, 3 ounces	54
Shrimp, 3 ounces	35
Egg, 1 large	24
Prunes, dried, 5 prunes	13
Cheese, cheddar, 1 ounce	12
Raisin bran cereal, 1 cup	11

Source: NIH Office of Dietary Supplements

To protect your baby, the American Thyroid Association recommends that all pregnant and breastfeeding women take a daily vitamin that contains iodine.



Be aware, many prenatal vitamins do **not** contain iodine. Do not take more iodine than your doctor recommends.

What Can I Do?

- ☑ Talk to your doctor or health care provider about how much iodine you need.
- ☑ Read the **Supplement Facts** on your vitamin label. Make sure it contains 150 mcg of iodine.
- ☑ If you take a prescription prenatal vitamin, ask your pharmacist to tell you if it contains 150 mcg of potassium iodide. If it does not, talk to your doctor or health care provider about how to get the iodine you need.

